



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1. Breakfast:</b> ½ slice WW Toast w/ 1 tsp Fruit Spread ½ cup Fresh Banana, ¾ cups Milk <b>Lunch:</b> 3 oz. Black Beans, 1 oz. Rice Burrito on WW Tortilla, ¼ oz. Roasted Corn and Tomato Salsa, ¼ oz. Fresh Strawberries, ¾ cups Milk <b>PM Snack:</b> ½ cup Apple Sauce, ½ oz. Graham Crackers, and Water</p>	<p><b>2. Breakfast:</b> 2 oz. Corn Muffin, ½ cup Apple Sauce ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Chicken &amp; Spinach Fettuccine, ¼ cup Seasonal Mixed Vegetables, ¼ cup Red Apple, ¾ cups Milk <b>PM Snack:</b> ½ cup Carrot Sticks w/ 1 tsp Ranch Dip ½ oz. Cheese Sticks, Water</p>	<p><b>3. Breakfast:</b> ½ oz. Whole Grain Cereal, ½ cup Fresh Banana, ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Chicken Nuggets, 2 oz. Brown Rice, ¼ cup Peas &amp; Carrots, ¼ cup Sliced Cantaloupe, ¾ cups Milk <b>PM Snack:</b> ½ cup Mixed Fruit, 1 oz. Cottage Cheese, and Water</p>	<p><b>4. Breakfast:</b> ½ oz. Pancakes w/ 1 tsp Light Syrup, ½ cup Fresh Bananas, and ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Turkey, ½ oz. Cheese Sandwich on 1 slice WW Bread, ¼ oz. Garden Pasta Salad, ¼ cups Fresh Strawberries, and ¾ cups Milk <b>PM Snack:</b> ½ slice Honey Bran Muffin ½ cup of Honeydew Melon Slices, and Water</p>
<p><b>7. Breakfast:</b> ½ oz. Cheerios Whole Grain Cereal ½ cup Apple Sauce, and ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Fish Sticks ¼ cup Cucumber Sticks w/ 1 tsp Ranch Dip, ½ slice WW Roll, ¼ oz. Fresh Watermelon and ¾ cups Milk <b>PM Snack:</b> ½ oz. Vanilla Wafer ½ cup Red Apples, and Water</p>	<p><b>8. Breakfast:</b> ½ oz. Rice Chex Whole Grain Cereal ½ cup Fresh Pineapple, ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Chicken, 1 oz. Brown Rice Jambalaya ½ cup Green Bean &amp; Tomato Salad, ¼ cup Fresh Sliced Peaches, and ¾ cups Milk <b>PM Snack:</b> ½ oz. String Cheese, ½ cup of Fresh Apple Slices, and Water</p>	<p><b>9. Breakfast:</b> 1 oz. Vanilla Yogurt, ½ cup Sliced Green Apples, ½ oz. WW Toast, ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Open Face Turkey Taco, 1 Corn Tortilla, ¼ cup Black Bean Salsa, ¼ cup Orange Wedges, ¾ cups Milk <b>PM Snack:</b> ½ oz. Graham Crackers, ½ cup Fresh Strawberries, and Water</p>	<p><b>10. Breakfast:</b> 2 oz. Whole Grain English Muffin and Butter ½ cup of Apples, and ¾ cups Milk <b>Lunch:</b> 3 oz. Tomato &amp; Cheese Wheat Pasta Bake, ½ cup Caesar Salad, ¼ oz. Orange Wedges, ¾ cups Milk <b>PM Snack:</b> ½ oz. WW Grain Bagel w/ 1 tsp Cream Cheese ½ cup Fresh Watermelon and Water</p>	<p><b>11. Breakfast:</b> ½ oz. Pancakes w/ light syrup, ½ cup Fresh Strawberries, ¾ cups Milk <b>Lunch:</b> 2 oz. Tuna Sandwich on 1 slice WW Bread, ½ cup Carrot Stick w/ 1 tsp Ranch Dip, ¼ cup Watermelon Wedges, ¾ cups Milk <b>PM Snack:</b> ½ oz. String Cheese, ½ oz. Whole Grain Crackers, and Water</p>
<p><b>14. Breakfast:</b> ½ oz. Cinnamon Oatmeal, ½ cup of Fresh Banana, ¾ cups Milk <b>Lunch:</b> 1 slice of Pizza w/ 1 ½ oz. Cheese, ½ cup Garden Salad, ¼ cup Orange Wedges ¾ cups Milk <b>PM Snack:</b> ½ of Pita Bread 1/8 cup Hummus Dip, and Water</p>	<p><b>15. Breakfast:</b> ½ slice WW Toast w/ 1 tsp Fruit Spread ½ cup Fresh Banana, ¾ cups Milk <b>Lunch:</b> 3 oz. Black Beans, 1 oz. Rice Burrito on WW Tortilla, ¼ oz. Roasted Corn and Tomato Salsa, ¼ oz. Fresh Strawberries, ¾ cups Milk <b>PM Snack:</b> ½ cup Apple Sauce, ½ oz. Graham Crackers, and Water</p>	<p><b>16. Breakfast:</b> 2 oz. Corn Muffin, ½ cup Apple Sauce ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Chicken &amp; Spinach Fettuccine, ¼ cup Seasonal Mixed Vegetables, ¼ cup Red Apple, ¾ cups Milk <b>PM Snack:</b> ½ cup Carrot Sticks w/ 1 tsp Ranch Dip ½ oz. Cheese Sticks, Water</p>	<p><b>17. Breakfast:</b> ½ oz. Whole Grain Cereal, ½ cup Fresh Banana, ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Chicken Nuggets, 2 oz. Brown Rice, ¼ cup Peas &amp; Carrots, ¼ cup Sliced Cantaloupe, ¾ cups Milk <b>PM Snack:</b> ½ cup Mixed Fruit, 1 oz. Cottage Cheese, and Water</p>	<p><b>18. Breakfast:</b> ½ oz. Pancakes w/ 1 tsp Light Syrup, ½ cup Fresh Bananas, and ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Turkey, ½ oz. Cheese Sandwich on 1 slice WW Bread, ¼ oz. Garden Pasta Salad, ¼ cups Fresh Strawberries, and ¾ cups Milk <b>PM Snack:</b> ½ slice Honey Bran Muffin ½ cup of Honeydew Melon Slices, and Water</p>
<p><b>21. Breakfast:</b> ½ oz. Cheerios Whole Grain Cereal ½ cup Apple Sauce, and ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Fish Sticks ¼ cup Cucumber Sticks w/ 1 tsp Ranch Dip, ½ slice WW Roll, ¼ oz. Fresh Watermelon and ¾ cups Milk <b>PM Snack:</b> ½ oz. Vanilla Wafer ½ cup Red Apples, and Water</p>	<p><b>22. Breakfast:</b> ½ oz. Rice Chex Whole Grain Cereal ½ cup Fresh Pineapple, ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Chicken, 1 oz. Brown Rice Jambalaya ½ cup Green Bean &amp; Tomato Salad, ¼ cup Fresh Sliced Peaches, and ¾ cups Milk <b>PM Snack:</b> ½ oz. String Cheese, ½ cup of Fresh Apple Slices, and Water</p>	<p><b>23. Breakfast:</b> 1 oz. Vanilla Yogurt, ½ cup Sliced Green Apples, ½ oz. WW Toast, ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Open Face Turkey Taco, 1 Corn Tortilla, ¼ cup Black Bean Salsa, ¼ cup Orange Wedges, ¾ cups Milk <b>PM Snack:</b> ½ oz. Graham Crackers, ½ cup Fresh Strawberries, and Water</p>	<p><b>24. Breakfast:</b> 2 oz. Whole Grain English Muffin and Butter ½ cup of Apples, and ¾ cups Milk <b>Lunch:</b> 3 oz. Tomato &amp; Cheese Wheat Pasta Bake, ½ cup Caesar Salad, ¼ oz. Orange Wedges, ¾ cups Milk <b>PM Snack:</b> ½ oz. WW Grain Bagel w/ 1 tsp Cream Cheese ½ cup Fresh Watermelon and Water</p>	<p><b>25. Breakfast:</b> ½ oz. Pancakes w/ light syrup, ½ cup Fresh Strawberries, ¾ cups Milk <b>Lunch:</b> 2 oz. Tuna Sandwich on 1 slice WW Bread, ½ cup Carrot Stick w/ 1 tsp Ranch Dip, ¼ cup Watermelon Wedges, ¾ cups Milk <b>PM Snack:</b> ½ oz. String Cheese, ½ oz. Whole Grain Crackers, and Water</p>
<p><b>28. Breakfast:</b> ½ oz. Cinnamon Oatmeal, ½ cup of Fresh Banana, ¾ cups Milk <b>Lunch:</b> 1 slice of Pizza w/ 1 ½ oz. Cheese, ½ cup Garden Salad, ¼ cup Orange Wedges ¾ cups Milk <b>PM Snack:</b> ½ of Pita Bread 1/8 cup Hummus Dip, and Water</p>	<p><b>29. Breakfast:</b> ½ slice WW Toast w/ 1 tsp Fruit Spread ½ cup Fresh Banana, ¾ cups Milk <b>Lunch:</b> 3 oz. Black Beans, 1 oz. Rice Burrito on WW Tortilla, ¼ oz. Roasted Corn and Tomato Salsa, ¼ oz. Fresh Strawberries, ¾ cups Milk <b>PM Snack:</b> ½ cup Apple Sauce, ½ oz. Graham Crackers, and Water</p>	<p><b>30. Breakfast:</b> 2 oz. Corn Muffin, ½ cup Apple Sauce ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Chicken &amp; Spinach Fettuccine, ¼ cup Seasonal Mixed Vegetables, ¼ cup Red Apple, ¾ cups Milk <b>PM Snack:</b> ½ cup Carrot Sticks w/ 1 tsp Ranch Dip ½ oz. Cheese Sticks, Water</p>	<p><b>31. Breakfast:</b> ½ oz. Whole Grain Cereal, ½ cup Fresh Banana, ¾ cups Milk <b>Lunch:</b> 1 ½ oz. Chicken Nuggets, 2 oz. Brown Rice, ¼ cup Peas &amp; Carrots, ¼ cup Sliced Cantaloupe, ¾ cups Milk <b>PM Snack:</b> ½ cup Mixed Fruit, 1 oz. Cottage Cheese, and Water</p>	

**Per CACFP and USDA regulations, 1% Low-Fat Milk is served to children age 2 years and older. Whole Milk is served to children younger than 2 years.**



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1. Breakfast:</b> ½ slice WW Toast w/ 1 tsp Fruit Spread ½ cup Fresh Banana, ¼ cups Milk <b>Lunch:</b> 3 oz. Black Beans, 1 oz. Rice Burrito on WW Tortilla, ¼ oz. Roasted Corn and Tomato Salsa, ¼ oz. Fresh Strawberries, ¼ cups Milk <b>PM Snack:</b> ½ cup Apple Sauce, ½ oz. Graham Crackers, and Water</p>	<p><b>2. Breakfast:</b> 2 oz. Corn Muffin, ½ cup Apple Sauce ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Cheese &amp; Spinach Fettuccine, ¼ cup Seasonal Mixed Vegetables, ¼ cup Red Apple, ¼ cups Milk <b>PM Snack:</b> ½ cup Carrot Sticks w/ 1 tsp Ranch Dip ½ oz. Cheese Sticks, Water</p>	<p><b>3. Breakfast:</b> ½ oz. Whole Grain Cereal, ½ cup Fresh Banana, ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Vegan Chicken Nuggets, 2 oz. Brown Rice, ¼ cup Peas &amp; Carrots, ¼ cup Sliced Cantaloupe, ¼ cups Milk <b>PM Snack:</b> ½ cup Mixed Fruit, 1 oz. Cottage Cheese, and Water</p>	<p><b>4. Breakfast:</b> ½ oz. Pancakes w/ 1 tsp Light Syrup, ½ cup Fresh Bananas, and ¼ cups Milk <b>Lunch:</b> 3 oz. Grilled Cheese Sandwich on 1 slice WW Bread, ¼ oz. Garden Pasta Salad, ¼ cups Fresh Strawberries, and ¼ cups Milk <b>PM Snack:</b> ½ slice Honey Bran Muffin ½ cup of Honeydew Melon Slice, Water</p>
<p><b>7. Breakfast:</b> ½ oz. Cheerios Whole Grain Cereal ½ cup Apple Sauce, and ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Fish Sticks ¼ cup Cucumber Sticks w/ 1 tsp Ranch Dip, ½ slice WW Roll, ¼ oz. Fresh Watermelon and ¼ cups Milk <b>PM Snack:</b> ½ oz. Vanilla Wafer ½ cup Red Apples, and Water</p>	<p><b>8. Breakfast:</b> ½ oz. Rice Chex Whole Grain Cereal ½ cup Fresh Pineapple ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Soy Chicken, 1 oz. Brown Rice Jambalaya ½ cup Green Bean &amp; Tomato Salad, ¼ cup Fresh Sliced Peaches, ¼ cups Milk <b>PM Snack:</b> ½ oz. String Cheese, ½ cup of Fresh Apple Slices, and Water</p>	<p><b>9. Breakfast:</b> 1 oz. Vanilla Yogurt, ½ cup Sliced Green Apples, ½ oz. WW Toast, ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Open Face Soy Beef Taco, 1 Corn Tortilla, ¼ cup Black Bean Salsa, ¼ cup Orange Wedges, ¼ cups Milk <b>PM Snack:</b> ½ oz. Graham Crackers, ½ cup Fresh Strawberries, and Water</p>	<p><b>10. Breakfast:</b> 2 oz. Whole Grain English Muffin and Butter, ½ cup of Apples, ¼ cups Milk <b>Lunch:</b> 3 oz. Tomato &amp; Cheese Wheat Pasta Bake ½ cup Caesar Salad, ¼ oz. Orange Wedges, ¼ cups Milk <b>PM Snack:</b> ½ oz. WW Grain Bagel w/ 1 tsp Cream Cheese, ½ cup Fresh Watermelon and Water</p>	<p><b>11. Breakfast:</b> ½ oz. Pancakes w/ light syrup ½ cup Fresh Strawberries ¼ cups Milk <b>Lunch:</b> 2 oz. Tuna Sandwich on 1 slice WW Bread ½ cup Carrot Stick w/ 1 tsp Ranch Dip, ¼ cup Watermelon Wedges, ¼ cups Milk <b>PM Snack:</b> ½ oz. String Cheese, ½ oz. Whole Crackers and Water</p>
<p><b>14. Breakfast:</b> ½ oz. Cinnamon Oatmeal, ½ cup of Fresh Banana, and ¼ cups Milk <b>Lunch:</b> 1 slice of Pizza w/ 1 ½ oz. Cheese, ½ cup Garden Salad, ¼ cup Orange Wedges ¼ cups Milk <b>PM Snack:</b> ½ of Pita Bread 1/8 cup Hummus Dip, Water</p>	<p><b>15. Breakfast:</b> ½ slice WW Toast w/ 1 tsp Fruit Spread ½ cup Fresh Banana, ¼ cups Milk <b>Lunch:</b> 3 oz. Black Beans, 1 oz. Rice Burrito on WW Tortilla, ¼ oz. Roasted Corn and Tomato Salsa, ¼ oz. Fresh Strawberries, ¼ cups Milk <b>PM Snack:</b> ½ cup Apple Sauce, ½ oz. Graham Crackers, and Water</p>	<p><b>16. Breakfast:</b> 2 oz. Corn Muffin, ½ cup Apple Sauce ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Cheese &amp; Spinach Fettuccine, ¼ cup Seasonal Mixed Vegetables, ¼ cup Red Apple, ¼ cups Milk <b>PM Snack:</b> ½ cup Carrot Sticks w/ 1 tsp Ranch Dip ½ oz. Cheese Sticks, Water</p>	<p><b>17. Breakfast:</b> ½ oz. Whole Grain Cereal, ½ cup Fresh Banana, ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Vegan Chicken Nuggets, 2 oz. Brown Rice, ¼ cup Peas &amp; Carrots, ¼ cup Sliced Cantaloupe, ¼ cups Milk <b>PM Snack:</b> ½ cup Mixed Fruit, 1 oz. Cottage Cheese, and Water</p>	<p><b>18. Breakfast:</b> ½ oz. Pancakes w/ 1 tsp Light Syrup, ½ cup Fresh Bananas, and ¼ cups Milk <b>Lunch:</b> 3 oz. Grilled Cheese Sandwich on 1 slice WW Bread, ¼ oz. Garden Pasta Salad, ¼ cups Fresh Strawberries, and ¼ cups Milk <b>PM Snack:</b> ½ slice Honey Bran Muffin ½ cup of Honeydew Melon Slice, Water</p>
<p><b>21. Breakfast:</b> ½ oz. Cheerios Whole Grain Cereal ½ cup Apple Sauce, and ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Fish Sticks ¼ cup Cucumber Sticks w/ 1 tsp Ranch Dip, ½ slice WW Roll, ¼ oz. Fresh Watermelon and ¼ cups Milk <b>PM Snack:</b> ½ oz. Vanilla Wafer ½ cup Red Apples, and Water</p>	<p><b>22. Breakfast:</b> ½ oz. Rice Chex Whole Grain Cereal ½ cup Fresh Pineapple ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Soy Chicken, 1 oz. Brown Rice Jambalaya ½ cup Green Bean &amp; Tomato Salad, ¼ cup Fresh Sliced Peaches, ¼ cups Milk <b>PM Snack:</b> ½ oz. String Cheese, ½ cup of Fresh Apple Slices, and Water</p>	<p><b>23. Breakfast:</b> 1 oz. Vanilla Yogurt, ½ cup Sliced Green Apples, ½ oz. WW Toast, ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Open Face Soy Beef Taco, 1 Corn Tortilla, ¼ cup Black Bean Salsa, ¼ cup Orange Wedges, ¼ cups Milk <b>PM Snack:</b> ½ oz. Graham Crackers, ½ cup Fresh Strawberries, and Water</p>	<p><b>24. Breakfast:</b> 2 oz. Whole Grain English Muffin and Butter, ½ cup of Apples, ¼ cups Milk <b>Lunch:</b> 3 oz. Tomato &amp; Cheese Wheat Pasta Bake ½ cup Caesar Salad, ¼ oz. Orange Wedges, ¼ cups Milk <b>PM Snack:</b> ½ oz. WW Grain Bagel w/ 1 tsp Cream Cheese, ½ cup Fresh Watermelon and Water</p>	<p><b>25. Breakfast:</b> ½ oz. Pancakes w/ light syrup ½ cup Fresh Strawberries ¼ cups Milk <b>Lunch:</b> 2 oz. Tuna Sandwich on 1 slice WW Bread ½ cup Carrot Stick w/ 1 tsp Ranch Dip, ¼ cup Watermelon Wedges, ¼ cups Milk <b>PM Snack:</b> ½ oz. String Cheese, ½ oz. Whole Crackers and Water</p>
<p><b>28. Breakfast:</b> ½ oz. Cinnamon Oatmeal, ½ cup of Fresh Banana, and ¼ cups Milk <b>Lunch:</b> 1 slice of Pizza w/ 1 ½ oz. Cheese, ½ cup Garden Salad, ¼ cup Orange Wedges ¼ cups Milk <b>PM Snack:</b> ½ of Pita Bread 1/8 cup Hummus Dip, Water</p>	<p><b>29. Breakfast:</b> ½ slice WW Toast w/ 1 tsp Fruit Spread ½ cup Fresh Banana, ¼ cups Milk <b>Lunch:</b> 3 oz. Black Beans, 1 oz. Rice Burrito on WW Tortilla, ¼ oz. Roasted Corn and Tomato Salsa, ¼ oz. Fresh Strawberries, ¼ cups Milk <b>PM Snack:</b> ½ cup Apple Sauce, ½ oz. Graham Crackers, and Water</p>	<p><b>30. Breakfast:</b> 2 oz. Corn Muffin, ½ cup Apple Sauce ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Cheese &amp; Spinach Fettuccine, ¼ cup Seasonal Mixed Vegetables, ¼ cup Red Apple, ¼ cups Milk <b>PM Snack:</b> ½ cup Carrot Sticks w/ 1 tsp Ranch Dip ½ oz. Cheese Sticks, Water</p>	<p><b>31. Breakfast:</b> ½ oz. Whole Grain Cereal, ½ cup Fresh Banana, ¼ cups Milk <b>Lunch:</b> 1 ½ oz. Vegan Chicken Nuggets, 2 oz. Brown Rice, ¼ cup Peas &amp; Carrots, ¼ cup Sliced Cantaloupe, ¼ cups Milk <b>PM Snack:</b> ½ cup Mixed Fruit, 1 oz. Cottage Cheese, and Water</p>	<p style="text-align: center;"><b>VEGETARIAN MENU</b></p> 

*Per CACFP and USDA regulations, 1% Low-Fat Milk is served to children age 2 years and older. Whole Milk is served to children younger than 2 years.*

